



IM FIT Fall Session | Sept 17th - Nov 7th  
Tuesdays & Thursdays | 6:45-7:30pm | at IMABLE  
cost: FREE! donations appreciated | age: 10+



IM FIT provides **support and motivation** for impaired individuals to become comfortable with the fundamentals of exercise and basic movements.



Our IM FIT **classes are open** to every type of physical, mental and emotional disability.



IM FIT is incredibly instrumental at **empowering and encouraging** all skill levels.



Featuring:  
adaptive  
equipment,



small  
group  
training,



and  
team  
building



for all  
physical and  
cognitive disabilities.

IM ABLE  
HEADQUARTERS

220 N PARK ROAD  
WYOMISSING, PA 19610



GET IN TOUCH  
WITH US

(877) 595-3505

INFO@IMABLEFOUNDATION.ORG



CONNECT  
WITH US

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Join us for an adaptive fitness experience that is guaranteed to motivate anyone regardless of ability! Contact us for more information or to discuss adaptive needs.

